**IMPORTANT**: Before you do any work, save this document under a new file name that contains your name. For example: bcolorado\_ Active Health Assignment 2

**Directions**: Write 3-4 paragraphs (200 words) on your new understanding of the word health and how it has changed for you. Also, you are asked to take a look at your current health choices and think of what possible changes you could make to improve your health. Explain why making these personal choices will benefit you and predict possible negative results if changes are not made. Make sure that your goals are attainable.

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